

Federally-Recognized Tribes Extension Program
2008 HIGHLIGHTS

FRTEP UNIT: Arizona - Hopi

PROGRAM AREA Nutrition

PROGRAM TITLE: Understanding Traditional Foods Security of Hopi Single Parent Female Headed Households, Outreach to the Hopi Community and its Organizations

ISSUE(S) ADDRESSED: In the last 30 years the Hopi nation, like many other American Indian nations, suffered a huge increase in diet-related diseases stemming from obesity, such as diabetes and high blood pressure. How Hopi women define, access and use traditional Hopi foods is based on an interaction of community capitals: natural, cultural, human, social, political, financial and built. Since traditional Hopi food is the basis of Hopi ceremonies and identity, mechanism for maintaining its availability depends on investing in all these capitals. Hopi women's role in their matrilineal society makes passing on the embedded knowledge is critical. Hopi food is based on the domestic convention, which women control, but lack the political capital to reproduce effectively.

The survey that was conducted on the Hopi Reservation examined the traditional foods security needs of one group within the Hopi demographic, Hopi single parent female headed households, and the availability of traditional foods to the same. The goal of this proposal, **Outreach to the Hopi Community and its Organizations**, is to complete the data analysis and triangulate our findings during our presentations.

This program addresses **USDA-CSREES Strategic Plan OBJECTIVE 5.2: PROMOTE HEALTHIER EATING HABITS AND LIFESTYLES**

PROGRAM DESCRIPTION: A grant was received in 2006 to continue work on Hopi Food Security issues, **Understanding Traditional Foods Security of Hopi Single Parent Female Headed Households, Outreach to the Hopi Community and its Organizations** seeks to present material to the Hopi communities and gather additional dietary and foods information at the same time.

The goal is to go farther to utilize the results of the study to increase access to and use of traditional foods through building community action based on the research. The North Central Regional Center for Rural Development at Iowa State University provided methodological expertise in research design, data analysis, and social technologies for data feedback for communities. In addition, they will share these methodologies with Tribal Colleges in the Great Plains, who share the Hopi concern for access to and use of traditional foods.

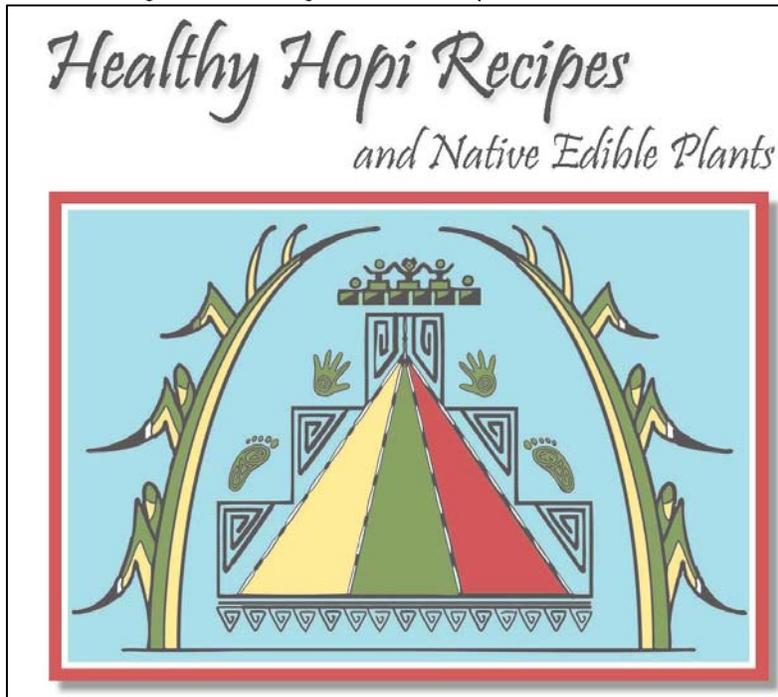
The project designed an action information plan with Community Health Representatives. Methodologies that have been taught in the previous phase of the project were used in the design and in expanding the range of partners. Eight Focus group sessions were held across the reservation looking at changes in Hopi diets, effects of commodity foods, and what participants see as the future for consumption and use of Hopi foods.

- Pu'tavi and Cooperative Extension has responsibility for community outreach
- Developed Food Access Listening Sessions based on Appreciative Inquiry

Research Issue: 1) Impact of Commodity Foods at Hopi Survey. Partners included: Hopi Community Health Representatives, Diabetes/Tobacco Prevention Office, Cultural Preservation Office, and the Hopi Department of Natural Resources.

PROGRAM IMPACT: In order to provide educational materials a lengthy revision and editing of **Healthy Hopi Recipes** was undertaken in 2007-2008. The book went to print in November of 2008 and is now available as an educational tool for Cooperative Extension, Hopi Community Health Representatives, and the Hopi Diabetes Prevention Program. Cooperative Extension was the lead partner in getting this work done. Planning is under way for joint educational workshops around the Hopi Reservation.

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Office of Community Health Services
The Hopi Tribe
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